

TrekTrackFit

DAY HIKE PACKING LIST • 15 ESSENTIALS • 2026

Pack Smart • Stay Safe • Be Prepared

ESSENTIALS - CHECK BEFORE YOU GO	
■ 1. Navigation	Map / Compass / GPS App (offline)
■ 2. Headlamp	+ Extra Batteries (not phone light)
■ 3. Sun Protection	Sunglasses, Sunscreen, Hat, Lip Balm
■ 4. First Aid Kit	Moleskin, Bandages, Antiseptic, Meds
■ 5. Knife / Multi-tool	Folding 2-3 oz
■ 6. Fire Starter	Bic lighter in zip-lock + waterproof matches
■ 7. Emergency Shelter	Emergency bivy / Space blanket (2-3 oz)
■ 8. Extra Food	+500 calories beyond plan
■ 9. Water + Filter	2L + Sawyer Squeeze filter
■ 10. Extra Clothes	Rain shell + Fleece / Puffy
■ 11. Daypack 15-25L	Women's fit: Osprey Tempest 20
■ 12. Hiking Shoes	Broken-in! Merrell Moab 3 or similar
■ 13. Hiking Socks	Merino wool - NO cotton
■ 14. Trekking Poles	Optional - great for knees & fitness
■ 15. Safety Personal	Whistle, Pee cloth, Zip bag, Share location

SHORT HIKE (2-4 mi)	MEDIUM HIKE (5-8 mi)	LONG HIKE (9+ mi)
Under 4 hrs, Easy • 1L Water • Snack + 500 cal • Phone + Offline Map • Sunscreen + Hat • Small First Aid • Rain shell (just in case)	4-8 hrs, Moderate • 2L Water + Filter • Lunch + Snacks • All 10 Essentials • Extra Socks • Insulation Layer • Trekking Poles	8+ hrs, Strenuous • 2.5L + Filter (refill) • Lunch + 1000 cal • Headlamp + Batteries • Emergency Bivy • Extra Warm Layer • Stove (optional)

LEAVE NO TRACE: Pack out all waste

CHECK WEATHER & Sunset time

TELL SOMEONE: Trail + Return time